

GOALS, MISSION AND OBJECTIVES

A. **MISSION, GOALS, AND OBJECTIVES FOR INDEPENDENT LIVING**

The mission of the Statewide Independent Living Council (SILC) is to guide the development of the Independent Living (IL) system in North Dakota through the active involvement of people with disabilities. To further that purpose, the SILC assures that the objectives will be implemented to ensure all of the following:

- ☐ Promote a philosophy of independent living, including a philosophy of consumer control, peer support, self-determination, equal access, and individual, self-help, self-determination, equal leadership, empowerment, independence, and productivity of individuals with significant disabilities, and the integration and full inclusion of such individuals into the mainstream of American society.
- ☐ Provide financial assistance for providing, expanding, or improving the provision of IL services.
- ☐ Provide assistance to develop and support a statewide network of Centers for Independent Living (CILs) operated by consumer-controlled, community-based cross-disability, non-residential private non-private agencies that are operated within local communities by individuals with disabilities and that provide an array of IL services.
- ☐ Plan and advocate to improve working relationships among the various entities affecting the lives of people with significant disabilities. The Statewide Independent Living Council has established the following goals and objectives to be achieved under its plan for federal fiscal years 2002-2004 and have determined them to be consistent with its mission and Title VII, Chapter 1 of the Act. CIL representatives assisted in the development and review of this attachment and the entire state plan.

GOAL 1

SILC will maintain a cross-disability, consumer controlled council with active committees to accomplish its goals and objectives.

Objectives:

- A. Develop a process for the creation of the State Plan for Independent Living (SPIL). The process will include:
 - 1. Use of an outside facilitator
 - 2. Utilize outside training opportunities such as SILC Congress for educating SILC members.

3. Develop a video explaining SPIL and the need for input that can be used for educational training throughout the state.

Estimated Financial Obligation: \$10,000

Evaluation Measure: A process will be in place by August 2003 to complete the 2004 SPIL.

- B. Develop and implement an annual resource plan that identifies available funding and how it will be utilized for the organized development of the statewide network of centers, in May of each year.

1. Facilitate stable funding for Independent Living Centers using state and federal monies to achieve a base level funding of \$350,000 per center.

2. Once the base level is achieved, then a minimum of \$50,000 per center will be used to establish a branch office.

Estimated Financial Obligation: \$0

Evaluation Measure: The plan will be completed by May of each year.

- C. Maintain and improve SILC operations and effectiveness.

1. Continue biennial review of Center for IL grant applications.

2. Monitor North Dakota CILs accomplishments quarterly through 704 statistics, the state performance measures and narrative provided at SILC meetings.

Estimated Financial Obligation: \$0

Evaluation Measure: Contracts with the CILs are completed and SILC members are aware of the CILs' accomplishments for the year.

- D. Create opportunities for SILC members to understand how specific disabilities affect one's independence.

Estimated Financial Obligation: \$500

Evaluation Measure: Social events will be coordinated in August of each year.

- E. Develop training plan that would provide ongoing education on IL philosophy, IL services, disability legislation, effective committee work, leadership and other pertinent issues on a quarterly basis at SILC meetings.

Estimated Financial Obligation: \$2500
Evaluation Measure: A plan is developed by November 2001 and implemented quarterly.

GOAL II

Develop and implement effective legislative advocacy strategies.

Objectives

- A. Conduct continuing consumer needs assessment regarding Independent Living Services in North Dakota.
1. The SILC, CILs, VR and State Rehabilitation Council (SRC) will hold forums to get consumer and interagency planning input at least every three years. Schedule for March 2004
 2. The CILs and SILC will continue to identify the needs of unserved and underserved populations such as: Native Americans, people who live in nursing facilities and institutions (ongoing).
 3. The SILC and SRC will discuss consumer needs before updating the State Plan for Independent Living. Schedule in May 2004.
 4. CILs will use needs assessments to identify unserved and underserved populations. Information and assessments will be used in program development, expansion of services, and improvement of IL services for consumers (ongoing).

Estimated Financial Obligation: \$500

Evaluation Measure: Forums have been conducted, input has been gathered and discussed by May 2004.

- B. Pursue increased commitment of state dollars to support Centers for Independent Living and the delivery of independent living services through the Department of Human Services and other sources.
1. SILC, Centers for Independent Living, and the Designated State unit (DSU) shall meet periodically to establish budgetary priorities before the submission of the Department of Human Services/Vocational Rehabilitation budget to the Governor.

Estimated Financial Obligation: \$500
Evaluation Measure: Meetings have been held and priorities have been established by April 2002.

- C. To develop a plan to obtain alternative funding sources for the statewide independent living delivery system in North Dakota.
1. Continue effective and efficient Telecommunication Distribution Program (TEDP) which provides needed services to people with communication problems.
 2. Replicate success of TEDP by incorporating other programs for unserved and underserved populations into the statewide independent delivery system by March 2003.
 3. Pursue funding attached to new federal legislation (e.g. SSA benefits counseling, Olmstead, etc.) that would promote national initiatives and implement them statewide.

Estimated Financial Obligation: \$1000

Evaluation Measure: A plan identifying alternative funding sources was developed by July 2002.

- D. Center for Independent Living directors and boards will mobilize their board, staff, consumers and the public to inform congresspersons and legislators about IL issues (ongoing).

Estimated Financial Obligation: \$0

Evaluation Measure CIL quarterly reports reflect activity.

- E. The SILC will create and implement a plan to work with the North Dakota Consortium of Citizens with Disabilities (NDCCD) to be active during non-legislative years for continuing the process of meeting with legislative committees, task forces and providing input on studies.

1. The SILC will mobilize its members to contact community members and local legislators concerning IL issues.

Estimated Financial Obligation: \$500

Evaluation Measure A plan is created and implemented by November 2001.

GOAL III

To heighten awareness and understanding of the Independent Living philosophy and services.

Objectives:

- A. Hold a statewide Independent Living conference for consumers and providers at least every three years.

Estimated Financial Obligation: \$10,000

Evaluation Measure Independent Living conference was held during the summer of 2002

- B. Independent Living Centers will hold IL training and workshops depending on needs expressed in their regions.

Estimated Financial Obligation: \$0

Evaluation Measure CIL 704 reports describe the training and workshops held in each region.

- C. Support the development of a video that explains IL history philosophy.

1. Develop a plan for SILC members and IL Centers to educate local organizations about IL.

Estimated Financial Obligation: \$1,500

Evaluation Measure Raw material for the video will be collected and a plan developed by January 2003.

- D. Continue open communication among the Statewide Independent Living Council (SILC), State Rehabilitation Council (SRC), Centers for Independent Living, the Designated State Unit, and the North Dakota Consortium of Citizens with Disabilities.

1. Use membership on State Rehabilitation Council (SRC) to share information and develop joint projects at quarterly SRC meetings.
2. Extend an invitation to SRC to nominate a member to regularly attend SILC meetings.
3. Explore the possibility of joint meetings with identified parties to improve communication and collaboration.
 - a. Coordinate a meeting to discuss and agree upon the budgeting process.

Estimated Financial Obligation:	\$0
Evaluation Measure	Open communication, budget concerns are agreed upon, and joint projects are developed by May 2002.

Financial Plan:

Additional budget information is found on Page 14 of this attachment. All funds will be used to meet the objectives in the State Plan for Independent Living and to implement other strategies identified within the State Plan, including Council operations and Older Blind services.

B. SCOPE AND ARRANGEMENT FOR INDEPENDENT LIVING SERVICES

The following services, identified in the plan, are provided through Centers for Independent Living, which are financially supported with Title VII, Part B, Part C, and state general funds. All Centers provide core services.

1. **Counseling Services:** counseling and peer counseling to assist individuals with problem solving, independent living skills, acquiring needed services and acting as a role model.
2. **Housing:** assist individuals in the following areas: obtain housing, understand subsidized housing, provide information regarding accessibility guidelines and aid in housing research.
3. **Rehabilitation Technology:** the provision of product information and equipment availability, local and national resource companies, as well as information on new products.
4. **Mobility Training:** provided by rehabilitation teachers through the Older Blind Program, Title VII, Chapter 2.
5. **Services and Training for Individuals with Cognitive and Sensory Disabilities:** the centers are required to provide services to people with cross-disabilities; services include independent living skills training and any other service available through the center that would benefit the individual in reaching his/her highest level of independence. Centers are also providing services and equipment through the Telecommunication and Equipment Distribution Program.
6. **Personal Assistance Services:** may include personal care attendant training and registry, consumer attendant management training, and referral services.
7. **Surveys, Directories:** surveys are completed to obtain consumer input for program planning and consumer satisfaction, as well as to identify strengths and

problems faced by individuals with disabilities. Directories of people and agencies that offer services to individuals with disabilities are maintained and updated.

8. **Consumer Information Programs:** through the use of open forums, outreach specialists, conference sessions and various other methods, information on Independent Living Services are provided to individuals not familiar with center services. Target populations for consumer information programs are to those who are unserved and underserved.
9. **Education and Training:** provides direct independent living skills training and workshops on Civil Rights, legislation and advocacy, and what it means to the consumer.
10. **Transportation:** information and training on the use of both public and private transportation options and the utilization of community transportation.
11. **Social and Recreational:** training and advocacy on how to improve and increase communication techniques and socialization skills, and identify and pursue leisure/recreational options.
12. **Training Designed for Youth:** through a transition program, centers work with young adults in transition from school community living. Direct skills teaching can be provided one-to-one or in small groups.
13. **Services for Children:** there is no age limit and Independent Living Services are provided to individuals or families, including parent support groups, regardless of race, creed, age, disability, religion, sexual preference, national origin or economic status.
14. **Services Under Other Federal, State or Local Programs:** coordination and collaboration with the basic support program, ADA, transition and other agencies that offer Independent Living Services when developing a plan of services.
15. **Appropriate Preventive Services:** for those individuals requesting services every attempt will be made to ensure all required service is provided in a timely manner and assists the individual to develop self-advocacy skills.
16. **Community Awareness Programs:** provide presentations concerning disability awareness and the independent living philosophy to fraternal, educational and social service organizations, along with state and national conferences. Technical assistance is also offered to these organizations. Advisory committees are also utilized in addressing the needs of individuals with disabilities.

The above Independent Living Services are provided through four Independent Living Centers presently serving the State of North Dakota. Funding for centers receiving Part

B is set up through contractual arrangements. Because of the state's rural nature, the four existing Independent Living Centers are limited as to their ability to provide all services on a statewide basis.

In addition, the following services are provided through the Older Blind Program, Title VII, Chapter 2.

1. ***Orientation and Mobility Skills Training:*** designed to enable older blind individuals to travel independently, safely, and confidently in familiar and unfamiliar environments.
2. ***Communications Skills Training:*** includes training in Braille, handwriting, typewriting or other means of communication.
3. ***Communication Aids:*** includes items such as large print, cassette tape recorders, audio-amplification devices, and readers.
4. ***Daily Living Skills Training:*** training to perform daily living activities such as meal preparation, identifying coins and currency, selection of clothing, telling time, and maintaining a household.
5. ***Low Vision Services:*** includes services and aids such as magnifiers to perform reading and mobility tasks.
6. ***Family and Peer Counseling:*** provided to assist older blind individuals adjust to the loss of vision.
7. ***Community Integration Services:*** services which assist in the individual's integration into the community and its resources.

The services identified in the State Plan are consistent with and supportive of the goals and objectives established by the Independent Living Council and Vocational Rehabilitation.

Uses, Objectives and Amount of Part B, Chapter 1 Funds

The activities selected for funding from among the available options in Selection 713 of the Act are consistent with and further the purposes of Chapter 1 and the goals and objectives of the State Plan for Independent Living.

All Part B grant funds awarded under this application will be used for Statewide Independent Living Council (SILC) operations and grants to Centers for Independent Living (CILs). The following provides a brief description of how funds are to be used.

A projected budget is found on Page 14 of this attachment.

1. *Fund the Resource Plan for SILC*

The Resource plan is described in Attachment 2.

2. *Provide IL Services to Individuals With Significant Disabilities:*

The SILC has determined that independent living services will be provided through the Centers for Independent Living. The budget delineates the amount each center receives.

3. *Demonstrate Ways to Expand and Improve IL Services:*

Independent Living Centers will continue to conduct consumer needs assessments regarding independent living services in North Dakota.

The SILC, CILs Vocational Rehabilitation (VR) and the State Rehabilitation Council (SRC) will hold forums to get consumer and interagency planning input at least every three years.

Centers and the SILC will continue to identify the needs of unserved and underserved populations, such as: Native Americans; people living in nursing facilities and institutions, etc.

The SILC and SRC will meet jointly once a year to discuss needs, information, and appropriate collaboration to address consumer needs.

Centers will use needs assessments to identify unserved and underserved populations. Information from assessments will be used in program development, expansion of services and improvement of IL services to consumers.

4. *Support the General Operation of CILs*

Part B Funds are awarded to the Centers for Independent Living as indicated in the budget.

The goal is to develop and maintain a statewide independent living delivery system. The SILC will pursue its commitment to use state dollars to support Centers for Independent Living and the delivery of services to people with disabilities.

5. *Support Activities to Increase Capacity of Public or Non-profit Agencies and Organizations and Other Entities to Develop Comprehensive Approaches or Systems for Providing IL Services.*

The SILC will support capacity building programs and activities by reviewing all Centers for Independent Living grant applications biennially and by maintaining a cross-disability, consumer-controlled SILC with active committees. The SILC monitors CIL accomplishments on a quarterly basis.

Independent Living Centers and the SILC will increase and encourage coalition building by actively participating in NDDAC and open communication with SRCs. The goal is to establish a powerful and effective coalition of individuals with disabilities and organizations to work toward similar interests. The coalition will improve service to individuals with disabilities and promote civil rights for people with disabilities of all ages and cross-disabilities through legislative advocacy.

The SILC will continue to use public forums, coalitions and consumer needs assessments to increase the capacity for the development of comprehensive approaches for providing IL services.

6. *Conduct Studies and Analyses, Gather Information, Develop Model Policies and Procedures, and Present Information, Approaches, Strategies, Findings, Conclusions, and Recommendations to Federal, State, and Local Policy Makers to Enhance IL services.*

C. COOPERATION, COORDINATION AND WORKING RELATIONSHIPS AMONG VARIOUS ENTITIES

Activities relative to cooperation, coordination and working relationships are found throughout this attachment.

D. OUTREACH TO UNSERVED OR UNDERSERVED POPULATION AND MINORITY GROUPS.

The North Dakota State Independent Living council has divided the state into four quadrants, with each to have a full service Independent Living Center and an outreach office. Currently, two Centers for Independent Living (CILs), Freedom in Fargo and Dakota in Bismarck have outreach offices. The outreach offices are located in Jamestown and Dickinson, respectively.

Outreach plans for FFY 2002-2004 include the following:

- ☐ Telecommunications Equipment Distribution Program is used as a vehicle to inform more people with deafness, hearing impairments and seniors about programs and services.
- ☐ Outreach activities are conducted by CILs throughout North Dakota service area at schools, Social Service agencies, Senior Centers, hospitals, clinics, businesses, not-for-profit agencies and conferences.
- ☐ Service demographics are analyzed to identify unserved and underserved populations and ethnic groups with low service representation.
- ☐ CILs are part of local radio and television broadcasts and newspaper articles about independent living philosophy, history and services.
- ☐ CILs newsletters are published and disseminated. Topics focus on needs defined by people with disabilities, family members, service providers and general community.
- ☐ Analyze demographics, using service evaluation criteria compared with United States Census material, to identify unserved and underserved groups, and develop strategies to serve those populations identified.
- ☐ Conduct evaluations of services to assess consumer response to services.
- ☐ Continue development of collaborative opportunities between the Centers of Independent Living and state departments in North Dakota.
- ☐ Continue the delivery of services to people with disabilities, based on need, throughout North Dakota service area while developing mechanisms for funding services expansion into unserved areas of the state.
- ☐ Collaborate with the 121 Project staff and Tribal Government Representative at the Standing Rock Indian Reservation to provide services to consumers.

E. NETWORK OF CENTERS

1. The design for CIL network has not changed from previous years. The state of North Dakota is divided into four quadrants with one CIL located in each. The CILs are located in North Dakota's major cities: Fargo, Grand Forks, Minot, and Bismarck. The two branch offices are in Jamestown, a branch of Fargo's Center, and in Dickinson, a branch of Bismarck's office.

This design was created to divide the state based on population and geography. The western part of the state has a lower population, which makes the geographic area covered by western CILs slightly larger than the eastern part. The needs geographically have remained the same since the plan was designed, but the CILs need additional funds not only to establish branch offices, but to expand their services into the outlying counties of their identified service areas. CILs and the SILC are making outreach efforts to specific underserved and unserved disability groups. Recent efforts have been targeted toward people with deafness or hearing impairment and people who are blind or visually impaired. There is ongoing effort to reach out to Native American people on and off reservations.

The SILC is committed to supporting the CILs in their growth without demanding they establish branch offices before the financial resources are available to maintain their main offices effectively. As each CIL reaches a base funding level of \$350,000, they will establish branch offices.

Our plan does not include a priority for establishing new CILs. We believe that we can offer the necessary IL services to citizens with disabilities using the four main CILs and their identified branch offices as funding allows.

2. The SILC uses the SPIL as a basis for establishing priorities. It identifies needs based on consumer satisfaction as well as on information gathered at open forum meetings. Census data is consulted as well as information shared by VR and other agencies that work with people with disabilities statewide.

The projected budget for Independent Living operations and services is found on the next page.

<u>INCOME</u>	<u>FFY-2002</u>	<u>FFY-2003</u>	<u>FFY-2004</u>
TITLE VII PART B	\$297,581	\$297,581	\$297,581
TITLE VII PART C	\$611,176	\$611,176	\$611,176
STATE OF ND	\$260,834	\$260,834	\$260,834
TOTAL	\$1,169,591	\$1,169,591	\$1,169,591

<u>EXPENSE</u>	<u>FFY-2002</u>	<u>FFY-2003</u>	<u>FFY-2004</u>
<u>COUNCIL OPERATIONS</u>	\$18,704	\$18,704	\$15,387

TITLE VII PART B

DAKOTA			
FREEDOM	\$85,739	\$85,739	\$85,739
OPTIONS	\$131,348	\$131,348	131,348
INDEPENDENCE	\$65,107	\$65,107	\$65,107
TOTAL	\$282,194	\$282,194	\$282,194

TITLE VII PART C

DAKOTA	\$348,335	\$348,335	\$348,335
FREEDOM	\$121,860	\$121,860	\$121,860
OPTIONS	\$72,896	\$72,896	\$72,896
INDEPENDENCE	\$68,085	\$68,085	\$68,085
TOTAL	\$611,176	\$611,176	\$611,176

STATE OF ND

DAKOTA	\$64,858	\$64,858	\$64,858
FREEDOM	\$65,326	\$65,326	\$65,326
OPTIONS	\$65,325	\$65,325	\$65,325
INDEPENDENCE	\$65,325	\$65,325	\$65,325
TOTAL	\$260,834	\$260,834	\$260,834

<u>CENTER TOTALS</u>	<u>FFY-2002</u>	<u>FFY-2003</u>	<u>FFY-2004</u>
DAKOTA	\$413,193	\$413,193	\$413,193
FREEDOM	\$272,925	\$272,925	\$272,925
OPTIONS	\$269,569	\$269,569	\$269,569
INDEPENDENCE	\$198,517	\$198,517	\$198,517
TOTAL	\$1,154,204	\$1,154,204	\$1,154,204

PLAN FOR THE PROVISION OF RESOURCES TO THE SILC

North Dakota receives Title VII, Part B and state general funds for Independent Living services. The general funds are in excess of what is required for the state match.

The Statewide Independent Living Council (SILC) determines how all funds for independent living (IL) are used, in accord with the goals and objectives of the State Plan. Resource Plan categories include the following:

1. *Council Operations*

- ☐ Honorariums for members who are unemployed or must forfeit wages in order to attend meetings or otherwise perform Council duties.
- ☐ Per Diem reimbursement for lodging and travel while performing Council duties.
- ☐ Expenses for disability related accommodations for Council members while attending to Council duties.
- ☐ Meeting room rental and other costs associated with holding meetings.
- ☐ Alternative formats.

2. *State Plan for Independent Living Development*

- ☐ Outside facilitator to assist in the development of SPIL
- ☐ Training opportunities related to Independent Living (IL) for SILC members.
- ☐ Video development to educate people about the SPIL, SILC and IL.
- ☐ Cross disability awareness opportunities for SILC members.
- ☐ Development of a training plan.
- ☐ Forums to obtain input for SPIL.

3. *Funding*

- ☐ Related expenses for budget priority meetings with the designated state unit and related government entities.

- ☐ Expenses related to acquisition of alternative funding sources.
- ☐ Expenses related to educating legislators and working with the newly developed North Dakota Disability Advocacy (NDDAC) consortium.

4. IL Education

- ☐ Funding for the IL conference
- ☐ Video development on IL history and philosophy.

The projected Resource Plan is below. Adjustments may be made by the Council as necessary during the three years this State Plan is in effect.

RESOURCE PLAN:

	<u>FFY 2002</u>	<u>FFY 2003</u>	<u>FFY 2004</u>
<i>COUNCIL OPERATIONS</i>			
Alternative Format	\$800	\$800	\$800
Lodging/Travel	\$7,000	\$7,000	\$7,000
Honorarium	\$403	\$403	\$403
Accommodations	\$500	\$500	\$500
<i>SPIL DEVELOPMENT</i>			
Facilitator	\$0	\$0	\$1,500
Training Opportunities	\$2,000	\$2,000	\$2,000
Video Development	\$834	\$834	\$834
Cross-Disability Awareness	\$167	\$167	\$167
Training Plan	\$1,000	\$500	\$1,000
SPIL Forums	\$0	\$0	\$500
<i>FUNDING</i>			
Budget Priority Meetings	\$0	\$500	\$0
Alternative funding sources	\$333	\$333	\$333
Legislative Plan	\$167	\$167	\$167
<i>IL EDUCATION</i>			
IL Conference	\$5,000	\$5,000	\$0
IL Video	\$500	\$500	\$500
TOTAL	\$18,704	\$18,704	\$15,704

EVALUATION PLAN

Evaluation is recognized as a significant step in determining the effectiveness of the independent living services delivery system. The following process is used by the Statewide Independent Living Council to regularly review its objectives and timeframes. A matrix of yearly activities has been developed so that the Council's quarterly meetings reflect these objectives and timeframes.

1. The Council will review progress towards meeting the objectives of the State Plan four times a year.
2. The Council will require Independent Living Centers to use a uniform format for reporting their quarterly activities. These reports, at a minimum, should include the number of consumers served, and services provided. Information about outreach and community education and development activities will be included in these quarterly reports. These reports are to be produced in a timely and consistent manner.
3. Each Independent Living Center will provide an annual report outlining the way in which it is complying with the standards, assurances and indicators, and progress in meeting their stated goals, objectives and timelines.
4. Each Independent Living Center will conduct a consumer satisfaction survey at least annually. The results of these surveys will be reported to the Council.
5. The evaluation committee will review each Center through use of the following: Quarterly reports, 704 reports and Consumer Satisfaction Surveys, and present those findings to the full Council.
6. Each consumer will be advised of the existence of the Client Assistance Program and the process they may follow if they have a complaint against an Independent Living Center. The Council will request a report from the Client Assistance Program at the end of the fiscal year regarding Client Assistance activities initiated by Independent Living consumers.